

UMN*ews*

DECEMBER 2023 | ISSUE 79

EXCLUSIVE

**CELEBRATING
CHRISTMAS
WHERE I AM**

FEATURED

**GENDER
EQUALITY
MATTERS**

**JOURNEY
FROM BED
TO SCHOOL**

BANISHED

FOR BLEEDING

**3 KEY CHALLENGES
IN DISABILITY
MAINSTREAMING**



Fullness of life for all, in a transformed Nepali society

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FROM THE EXECUTIVE DIRECTOR

Hello Friends,

Here comes the winter issue of **UMNews** of 2023! This issue covers the other two cross-cutting issues of UMN: gender equality and disability inclusion (we featured environment and conflict sensitivity in the summer issue). These two issues are also important for UMN because they are about acknowledging and accepting God's creation: He created us (all of us - male and female and people with disability as well) in His own image (*Genesis 1:27*). We are His image-bearers, who are loved and have dignity and respect. This is core to our belief and practices. Thus, it is our responsibility to address the issues related to gender and disability, which are issues of injustice and inequity. They are deeply rooted and very challenging to address, as I am sure many of you are aware. Those affected are the most vulnerable, marginalised, stigmatised and excluded in Nepal. Many individuals, families, communities, societies, and the government have also been struggling with the reality of gender inequality and the need for disability inclusion. We have a long way to go... but UMN has been making efforts to restore the dignity of girls, women and people with disability, to increase their meaningful participation in decision-making, to make services accessible, affordable, and inclusive. It is encouraging that the Nepali Government does have good policies in place, but the implementation has been weaker for various reasons. Therefore, UMN contributes to strengthen the systems and policies to ensure that the people with disability, girls and women enjoy their rights.

I am sure you will have a glimpse of UMN's efforts through the local partners to fight for the rights and dignity of people with disability, girls and women. Of course, it is not limited to them: men are also included and engaged in this work; without them it would not be possible to think about change, justice, and equity. These interventions, and seeing positive changes in the individuals, families, and communities we serve, give us joy and hope for the future.



DHANA LAMA
Executive Director, UMN

Once again, we are grateful to you all for partnering with us in this great endeavour ("**Whatever you did for one of the least of these... you did for me.**" - **Matthew 25:40**). I am sure our loving God will continue to bless us.

Merry Christmas and a Happy New Year 2024!

Blessings,



Scan to give online. ▶



AN URGENT APPEAL

We are reaching out to you at a time of sudden financial shortfall. Your help is essential to continue our Mental Health project in Nepal. We need urgent funds to sustain this during 2024.

'Mental Health Matters', and we see genuine mental health needs to make us want to continue working in this area.

We need to raise USD 100,000 (GBP 80,000)!

Would you like to join hands with us in this?

To give please visit www.umn.org.np/give and mention 'mental health'.

Thank you for considering partnering with us for mental health!

Have questions? Email: communications@umn.org.np

EXCLUSIVE



DR ROSHAN KHAREL

Hospital Director

Okhaldhunga Community Hospital

CELEBRATING CHRISTMAS WHERE I AM

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It is not by chance; there is a divine purpose for all of us to be here in Okhaldhunga.



I wake up every morning with birds tweeting, chirping, and singing. Fresh air passes through my windows, and the majestically quiet, pleasing sound of a river begins my day in Okhaldhunga. The air is so pure and soft. Breathing that air nourishes my body. In between the high hills and evergreen trees are located the buildings of the Okhaldhunga Community Hospital (OCH). Every morning as I go to work, I see the flow of patients, their visitors, and my colleagues, all in a hustle. And I pause to think: these individuals are precious to God as He has created us all in His own image. There is a special reason why God has all of us together in this place. It is not by chance; there is a divine purpose for all of us to be here in Okhaldhunga. He uses all of His creation to fulfill His purpose.

At OCH, I have met with people from all over Nepal and all across the world - America, Australia, Brazil, Denmark, Finland, France, India, New Zealand, Norway, Spain, Sweden, Singapore, and the United Kingdom. Therefore, it would be correct to say that OCH is a multilingual and multicultural place. Yet OCH values 'bind us together in unity'. The different

ethnicity reminds me of the fields ready to be harvested. They are plentiful and exist here for a purpose. God is looking for labourers for these fields that need to be harvested.

As the Christmas season is approaching, a question hits my mind: Why Christmas? How should Christmas be celebrated this year? What is so significant about Christmas?

Christoúgenna is a Greek word for Christmas. It is translated into English as Christ's birth. God made humankind in His own image and yet each individual is precious and unique. And to each of these individuals, God has given them the freedom to make decisions. Therefore, some enjoy Christmas as a "Party Day", a "Santa-gift" day, a "Newtonmas" in honour of Issac Newton, and others as the birth of the Saviour, Jesus Christ.

After the fall, God spoke to the serpent, "And I will put enmity between you and the woman, and between our offspring and hers; he will crush[b] your head, and you will strike his heel." (*Genesis 3:15, NIV*). This verse predicted the birth of Jesus about 1,500 years before He was born in Bethlehem. Due to the wrong choices made by humanity, God sent His only begotten Son to die for humanity. Perfect love is bestowed on us by the Creator, to save us all from our transgressions. We were to be punished for our forefathers' sin and yet our penalty is paid!

OCH's diversity reminds me that a workplace like OCH can be a place for some of us to be Jesus' witnesses. Society here is like Jerusalem, Judea, and Samaria. We are called to be blessings to others and to shine for Jesus. I look forward to celebrating this Christmas with the ones who cannot return my gift. The ones who are betrayed. My prayer is that I and my community in OCH will continue to seek God's plan for us to be salt and light this Christmas. We are not here in Okhaldhunga by chance.

I wish you all a blessed Christmas!



Scan to read or share
this article online.



THREE KEY CHALLENGES

IN DISABILITY MAINSTREAMING

With over 18 years of experience Bir Bashyal points out three significant barriers to Disability Inclusion, which obstruct the meaningful participation of persons with disabilities in development practices.

NARROW UNDERSTANDING OF DISABILITY'S DEFINITIONS:

Due to the narrow understanding of disability, real data of persons with disability has not been accurately reported; massive numbers of persons with disability are not counted in surveys and consequently they are excluded proportionally in the count. The UN disability report estimates that in Nepal, 10-15% of its population have some form of disability.

1

PHYSICAL AND SYSTEMIC BARRIERS:

Inaccessible physical & communication infrastructure such as houses, local office buildings, schools, health service centers, roads, vehicles, means of communications, and places of entertainment are examples of this. Likewise, unclear understanding on disability rights, policies, unfavorable and discriminative socioeconomic and cultural policies, systems and practices are barriers in the system. The National Federation of the Disabled Nepal's accessibility audit report¹ shows that out of 150 public infrastructures chosen as model initiatives in Kathmandu valley, none were found to be fully accessible, according to the Government of Nepal's own standard. The main reason appears to be a general lack of awareness of environmental factors.

2

ATTITUDE RELATED BARRIERS:

Nepali society's assumptions on disability are associated with cultural and religious beliefs. For example, the perception of disability is often that it is a result of sin, stigma, charity and is therefore influenced by a stereotyped mindset. This is the first level of barrier to the persons with disabilities that eventually leads to exclusion. UMN's rapid disability survey reports done in its working areas, show that (in a sample of 1128) 17% of people think that disability is a curse and is a consequence of the sins committed by the person in the previous life. This means that persons with disabilities have a feeling of powerlessness, inability and lack of dignity, leading to a sense of oppression. The timely identification of such barriers in any programmes/projects is crucial to challenge such assumptions and take appropriate inclusive action.

3



BIR BASHYAL

Disability Inclusion Advisor

¹ <https://nfdn.org.np/publications/access-audit-report/>



INCLUSION WORKS!

“

I believe as project staff we need to ensure the participation of all people with disability and consistently use all possible and appropriate adaptation measures.

ANJANA SHRESTHA

*Disability Inclusion Project Manager, Nawalparasi West
(until November 2023)*

Living with a disability since birth, I have always been acutely aware of the social perceptions surrounding disability.

In my family and society, it was believed that disability is caused by a sin from a previous life. However, over the course of three decades, I've witnessed a substantial shift in our collective understanding of disability. During my school years, I observed a stark contrast between the educational opportunities available to me and to my siblings. While my brothers and sisters attended a nearby boarding school, my disability required me to travel long distances, spending at least three hours daily on a bus. Only after a decade, at Intermediate school, did I finally access inclusive education and begin forming friendships with individuals without disabilities. I was determined to transcend the boundaries and restrictions of my early years with regard to pursuing job opportunities, attending college regularly and avoiding long-distance travel. I wanted to demonstrate, not only to my family and community, but also to myself, that I am no different from others. I simply require different forms of support and opportunities.

Moving to UMN allowed me to step outside my district and embrace a fresh set of experiences. After working with an NGO dedicated to disability rights, this was my first experience working directly with community and government representatives at the local level, and working in the Terai region, away from my family.

While facilitating and monitoring community-level programmes, I am thrilled to meet and interact with people with disabilities and their family members.

Now, many of them are coming together to discuss the rights and provisions provided by the government. As a person with a disability, I enjoy providing technical support to the partner staff, community and local government.

I also promote capacity building and leadership in the Disability Rights Promotion Committee, to lobby and advocate for local government to create disability-inclusive budgets and programmes. I am excited that the local government have recognised the infrastructural hindrances that people with disabilities have to face in everyday life.

It is still the case that some people with complete and severe disabilities face limitations due to physical infrastructure, communication, policy arrangements, and conceptual challenges. I believe as project staff we need to ensure the participation of all people with disability and consistently use all possible and appropriate adaptation measures.

I am very glad and happy to work for Disability Inclusion and create synergy with other projects.





Scan to watch video of Amit. ▶
www.umn.org.np/videos/1170



JOURNEY FROM BED TO SCHOOL

Cheerful, eight-year-old Amit had a tough start in life. He was diagnosed with cerebral palsy by the time he was two years old. He lives in Sultanpur, Kapilvastu District. Due to challenging financial condition and illiteracy, his family could not start or afford treatment for Amit. As a result, his slow and delayed development resulted in Amit not being able to walk or do any normal activities on his own. As he got older, his problems were getting worse.

Gradually, his grandfather got involved in the disability awareness programmes in the village and became aware of his grandson's condition. He started to participate in groups formed by UMN's Community Based Rehabilitation (CBR) Project run through our local partner Dalit Social Development Centre (DSDC). With advice of the project staff, he also made a disability identity card for his grandson from the rural municipality and he started receiving treatment. With regular visits and therapy sessions from the project staff, Amit's improvement was encouraging.

“

For me, the greatest achievement
is getting my grandson's life
back once again.

Today, Amit is able to walk, eat wear his clothes and communicates with his family. He studies in Grade 2 in the village school. The neighbours who hated him for his disability and thought this was a result of his sin have now changed their perspective. Amit enjoys playing and chatting with his school friends.

"For me, the greatest achievement is getting my grandson's life back once again. I have even taught him how to cycle. Disability can happen to anyone that is why no one should be despised and hated," shares his grandfather.

The biggest gift for Amit is the love and support he receives from his family.

A MOUNTAIN CLIMB



IN SWEDEN FOR MUGU!

Elina and Deborah are two students in Sweden who came up with a fun and rather tough activity to support people in Nepal. To draw attention to the challenges in Mugu and to raise money for projects in the area, Swedes Elina Bengtsson and Deborah Pethrus decided to climb Kebnekaise, the highest mountain in Sweden (2,096m).

People living in the high mountains of Mugu face arduous journeys, having to walk miles just to get to the district centre. This means that accessing fundamental services like school and healthcare, running water and other necessities becomes an ongoing challenge for them. Men, women and children must navigate steep and dangerous paths every day.

UMN's partner PMU in Sweden has long worked in Mugu supporting development projects in the region. This full-day climb in August, fundraising for the people of Mugu, has been able to raise SEK 14,120 (nearly USD 1,300) from 51 different donors who sponsored the hike and encouraged the young women. As well as sharing across the world on social media, it was also featured in Sweden through two local newspapers and two national Christian newspapers. Big thanks to Elina, Deborah and all the generous supporters in Sweden!

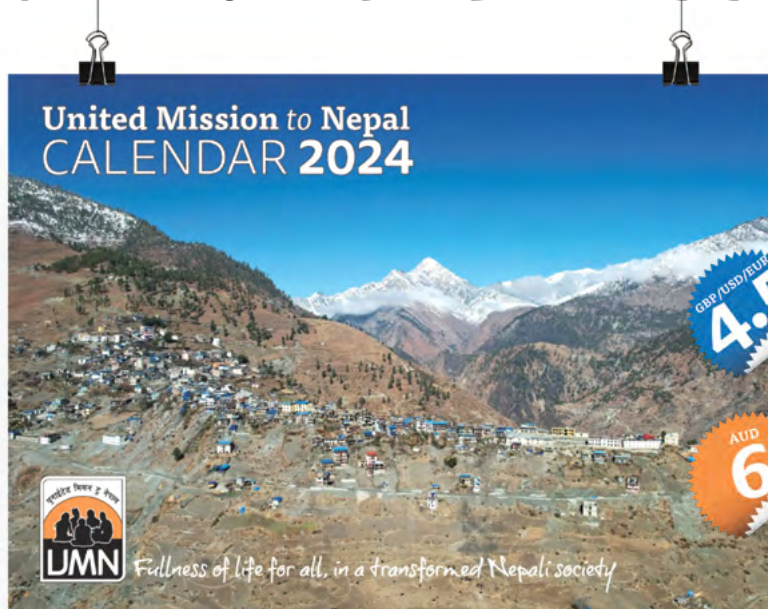


Deborah and Elina on their hike

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"We can voluntarily choose to hike or climb a mountain. But people in Mugu in Nepal are exposed to that challenge every day in their lives", says Elina from Sweden.

UMN 2024 CALENDARS SALE!



Good news, to give you the opportunity to have a beautiful UMN calendar.

As always, it features beautiful photos from around Nepal, all taken by UMN staff and volunteers. You can enjoy the beauty of the people and life of Nepal with a bible verse for each month and Western and Nepali calendar dates.

Please go to www.umn.org.np/store to order!

Scan to order online. ►



NEWSROOM

Plant trees, save lives!

JUL

In Bajhang, UMN's team planted 1,400 tree saplings of various species in an area 450-meter square, on 3 July. After constructing a mesh wire fencing of the area, in collaboration with Thalara Rural Municipality Ward-4, the team then proceeded with the plantation, together with the Division Forestry Office.

Two years ago, 23 local people were buried and tragically killed by a landslide in this area. The event also severely damaged many properties and livelihood options. This reforestation activity was carried out by UMN's Disaster Risk Management project, together with local partner PYS, to stabilise the soil and help prevent future landslides. It received much appreciation and active participation from the local communities.



Street drama about child-marriage

AUG



A group of young people in Kyangsi, in Rukum East, took a proactive stance in August. They organised a street drama and rally with 124 local people, to raise awareness of the detrimental impacts of child marriage and the rights of children, particularly with reference to the risk of maternal death.

With the support of UMN's local partner NPAF, the 25 group members were able to develop their own capacity and skills in human rights advocacy to end domestic violence. They are also conducting regular group meetings through UMN's Pro-Act project. The group engaged in collaborative interaction meetings with various stakeholders to address pressing concerns related to children, adolescents, and women.

Notably, in cooperation with local police authorities and Maiti Nepal, the group recently played a crucial role in the successful rescue of a 14-year-old girl who had been married off at the Bhairahwa border. The children's group members remain steadfast in their commitment to keep advocating for children and women.



◀ Scan or visit www.umn.org.np/news to read all current news.



Do No Harm: Super helpful training!

"It is a practical training that is relevant to our professional work and personal life, so I wanted to participate for the whole time! We will apply what we learn in our respective work." - Gita GC, Head of Self-employment Thematic Section, Bogtanfudsil, Doti.

Clearly UMN's Conflict Sensitivity and Do No Harm training in Doti this month was even more helpful than the participants had expected!



Preparing for the unpredictable

To reduce risks, vulnerability, and the impact of natural disasters at schools, three days of school-level Disaster Risk Management training was held in August. Organised by Harpur Secondary School in Palhinandan, Nawalparasi West, with support from UMN and its local partner, the training enhanced the preparedness of teachers and students. Training was also delivered to ward representatives, school management committee members, the parent teacher association, and other community members to help reduce the impact of future disasters. The aim is for the 27 trained students and teachers to disseminate their knowledge within their families and peer groups, also enabling others in their community to be better prepared for disasters.

The participants developed a one-year school disaster risk management plan which was endorsed by the school management committee for future integration into the school improvement plan.



Responding to earthquakes



On 3 October an earthquake with a magnitude of 5.3 ML, followed by another measuring 6.3 ML, struck Nepal's Bajhang District. Thalara Rural Municipality, one of UMN's working areas, and Jayaprithivi Municipality were the worst affected, where approximately 664 houses were completely destroyed, while an additional 408 houses incurred partial damage.

Considering the oncoming winter, on 11 and 12 October, in collaboration with local partner PYS, UMN coordinated the distribution of tarpaulins, blankets, and foam mats to 200 earthquake-affected households in Ward-9 of Thalara. This was achieved by coordinating closely with the Local Disaster Management Committee and District Disaster Management Committee.

Nepal's Jajarkot and West Rukum districts suffered a 5.7 magnitude earthquake on 3 November that killed and injured dozens of people and displaced thousands, while destroying or damaging thousands of properties. It's a major loss for our country and recovery work is in progress. UMN however is not engaged in the relief support this time as 33+ INGOs are already involved, alongside the government and other organisations. It also did not fall in our working areas; we are prioritising them as it has been predicted that West Nepal will have a massive earthquake in future.

GENDER EQUALITY MATTERS

CHELI GURUNG

Gender Manager - Cross Cutting

Gender inequality remains one of Nepal's most persistent and enduring challenges; it includes patriarchal attitudes, harmful cultural practices, discriminatory gender roles, stereotypes and other issues. These factors continue to hinder women, girls, boys and men from accessing and benefitting from their rightful opportunities in all areas of participation, and decision-making. In the World Economic Forum's +Global Gender Gap Ranking 2023, Nepal is positioned at 116th out of 146 countries.

Numerous discriminatory practices persist, including gender-based violence, dowry-related violence, child marriage, polygamy, female infanticide, witchcraft accusations, Chhaupadi, trafficking of women and girls for sexual exploitation, and even workplace issues such as unfair wages.

UMN's innovative projects are focused on addressing these issues. UMN is working to integrate some identified gender-strategic practices, building the capacity of local human resources, engaging in advocacy and networking with stakeholders.

UMN is also implementing its own gender-balanced recruitment process to ensure a more balanced workforce. The current ratio of female to male staff is 40:60. Staff are also actively encouraged to be sensitive to, and speak out against, gender-biased actions or injustice.

I believe that integrating a strong gender perspective into development work is essential in order to address inequalities, to ensure that the voices of marginalised women, girls, boys and men along

with individuals with disabilities are not only heard, but that they have equal access to opportunities. Because of UMN's considerable efforts in this area, several positive outcomes have been observed. These include increased access to resources, justice for survivors, improved relationships within households, reduced gender-based violence in the community, women's empowerment and more gender parity.

To monitor the impact of gender equality interventions within groups, a Participatory Action and Reflection process is being employed by UMN as one of its strategic approaches. In this process, members from groups of women, men and adolescents reflect on their actions, draw learning and make plans for their next steps. This approach helps us to listen to and learn from unheard voices and their experiences, at the same time ensuring their active involvement. It also facilitates the detailed documentation and dissemination of change stories and best practices, which in turn is a very effective way of challenging and breaking persistent gender stereotypes.

Girls Summit in Putha Uttarganga, Rukum East



See video:
<https://fb.com/reel/353386533705730>

BANISHED FOR BLEEDING

When I got back home from a week-long work trip, from the remote villages of Bajhang, I laid down on my bed, pondering all that I had seen, witnessed and filmed. The world I had just left behind clung to my thoughts. Which world is real? Theirs or mine? The further one travels to West Nepal, more poverty and desperation of life stares you in the face. But rural life is never too poor to offer warm hospitality with a smile.

Tired from the travel, I request my husband to take care of dinner and the kids. I remind myself, this is such a privilege! I have just come back from meeting women who keep their aches, tiredness and discomfort to themselves, they don't get options in life.

My trip was particularly aimed at finding out more about the age-old practice of *Chhaupadi*¹ in Bungal Rural Municipality of Bajhang. My colleague Prashanta and I walked the hilly paths with our equipment, taking short breaks to admire the breathtaking views that surrounded us.

The stories we heard from the village women were horrific. I listened in disbelief and frustration. I am a woman too. A menstrual cycle for me comes and goes without much thought. I listened to stories of how they spend sleepless nights in the *chhau* huts² - which are mostly animal sheds - feeling unwell and unsafe. Not all animal sheds have a proper door to latch up at night. The tough months are during the monsoon and the freezing winters. Their food is brought to the *chhau* hut and placed on the floor at a safe distance for them to take in, they wash their utensils away from the house. Women are not allowed to eat any dairy products because this might make the cattle fall sick. They use the river away from the village to wash themselves or their clothing. A life of brutal seclusion, until they stop bleeding.

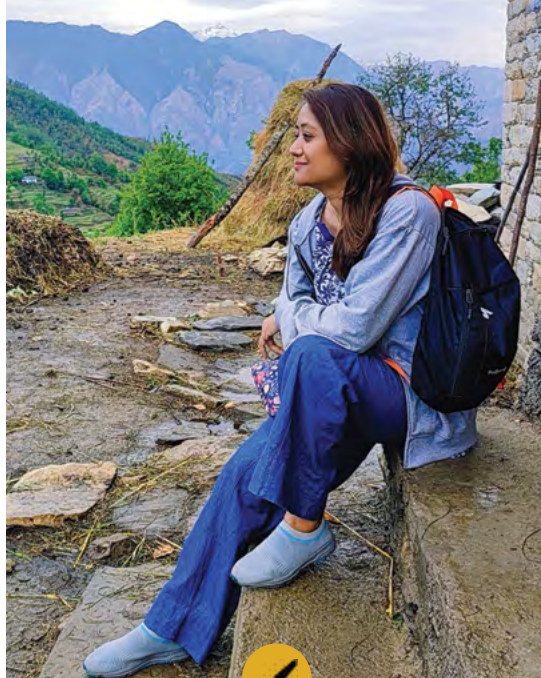
The older women in the family are themselves blinded by this superstition and expect the next generation to continue the mal practice - the biggest misfortune and hindrance to change.

Through UMN's EVE³ project, we have made some positive interventions for the voiceless girls inside these *chhau* huts.

¹ The practice of *Chhaupadi*, which involves isolating women and girls from the household during menstruation and after childbirth, because they are considered impure. a menstruating girl, inside the house, would anger the gods.

² Small huts, animal sheds or a separate room away from the house.

³ EVE - Ending Violence for Equality



VIJETA SHRESTHA

Communications Team Leader



The older women in the family are themselves blinded by this superstition and expect the next generation to continue the mal practice - the biggest misfortune and hindrance to change.

Many are leaving the practice of *Chhaupadi*. Some women have started consuming milk or curd during their menstrual days, and the cattle are fine! The gods inside the house never frowned. In recent times, more and more families have joined this crusade. To encourage such brave acts, these women and families have been publicly honoured.

These honours are a celebration of women's dignity, voice and bodies. The shift in thinking looks hopeful.

Scan to watch
Banished for Bleeding
video about *chhaupadi*. ▶
www.umn.org.np/videos/1197



FROM *OUR HOSPITALS*

United Mission Hospital Tansen (UMHT)

After a prolonged planning phase, the wastewater and maternity expansion projects have finally commenced. (See page 17)

In July, the hospital reluctantly reached the decision that we would have to stop participating in the government health insurance scheme. This was due to difficulties with timely reimbursement, a big difference between reimbursed amounts and our actual costs, and four months with no money reimbursed. Prior to this, we had seen record numbers of patients and it was difficult to cope with the crowds. We are happy to find that many patients have continued to come to the hospital, so patient numbers are closer to what we had before we joined

the scheme. We are also able to give more time to the patients, and paperwork has been reduced.

We are still providing free care to the most needy patients. Two recipients were the 27-week premature twins we mentioned in the last UMNews, who thrived and were able to go home after three months with us. The medical ward and paediatrics have been busy with patients suffering from various infections over the monsoon period. Dengue numbers are going up. Over 325 positive cases have been treated: 135 patients were admitted and sadly, three died.

At a programme organised for World Humanitarian Day, Tansen Hospital was honoured by the Family Planning Association of Nepal, particularly for our work throughout the COVID-19 pandemic in reproductive health and successfully providing safe deliveries.

Wastewater scheme starts at last

At last work has begun on the next phase of the wastewater scheme for United Mission Hospital Tansen. After over four years of seeking to treat wastewater from the hospital

and the waste from the local community to protect the health of the community and of those downstream, the construction has started! Trenches are being dug in the compound, there are preparations for the septic tank and bioreactor and the pipes have arrived. A weir has been made to measure flow and collect samples. Water samples have already been sent to Kathmandu for analysis. The most appropriate 'Moving Bed Bioreactor' (MBBR) for our needs has been selected following a visit to the manufacturer in India in late September. In November two Dutch water engineers visited the site to do some final adjustments.

Give thanks that this work is finally progressing.



Okhaldhunga Community Hospital (OCH)

The hospital is getting busy. The number of orthopaedic and general surgery cases are increasing. This year we have the last batch of nursing students. It is unfortunate that we can no longer run the nursing school unless we have our

hospital registered to 100 beds which, under the current criteria from the Nepal government, we will not be able to achieve. However, there is a possibility of running a Health Assistant course in the future for which we have submitted a proposal.

A gift to the staff of the laundry department

One body with several organs would be the right term to describe the community of staff members in Okhaldhunga Community Hospital. People from different ethnicities and skills work to serve people to glorify God. Some staff members are like eyes, hands, and legs, and others like internal organs, not visible and yet equally valuable.

Housekeeping staff work day and night to ensure that the hospital's linen, patients' clothes, and the premises are neat and clean. Every day different clinical rooms, wards, offices, and grounds are cleaned. They are at work when other staff members are not there and so their work is not always visible, but the result of their hard work is always visible.

The management team decided to create a room for these tirelessly working laundry staff members. We believe that this will enable them to work more efficiently and will give them their own space both for relaxation and planning sessions. We are grateful to the people who have generously supported this project and encouraged our staff in this way. This is a special gift, a Christmas gift. Thank you!



A TYPICAL DAY IN THE MATERNITY WARD OF UMHT



Early morning admissions from the Emergency Department may have arrived, so the sisters (nurses) are getting them settled in, while also checking on the labouring patients' overnight progress in preparation for the junior doctor's arrival to preround at 6:30am.



The oncoming shift of nurse midwives, in addition to receiving their own handover, might be administering induction medications, and doing foetal monitoring assessments. Nursing students or Skilled Birth Attendants doing their clinical practicums may be arriving and getting their own assignments and orientations to the ward.



Maternity ward nurses at UMHT

In the midst of all of this, it's not uncommon that one of our soon-to-be mothers will be nearing delivery, necessitating full attention of a couple of the sisters to care for the mother and soon-to-be-born infant.



The doctors descend into this busyness for their ward round, sometimes filled with questions about patients, sometimes anxious to start as the reported patient numbers were high. This includes those on the ward and also the mother-baby duos who have been transferred to paediatrics to make room for labouring women arriving from the clinic or ER the evening before. The Ward Sister then becomes occupied attending to the needs of both doctors and patients as each patient's plan for the day is formulated.



After the ward round, the Ward Sister and her colleagues return to the duties of caring for our patients, ranging from simple cases where labour came at the right time with a healthy baby to very complicated intrapartum and postpartum cases, all the while keeping an eye on whether the delivered mothers are recovering well and the newborns are thriving.

As the day progresses, new patients, abnormal vitals, abnormal labour progress, or non-reassuring foetal monitoring might prompt them to call in the doctor(s), but in so many ways the sisters and the labouring mothers themselves are the heroes of our ward.





MAKING ROOM FOR
MORE BIRTHS!

WELCOMING NEWBORNS APPEAL *PROGRESS UPDATE*

Last year we ran an appeal to cover the remaining costs of expanding the maternity ward in Tansen by 18 beds. This was needed so that more babies can be born safely in our hospital without having to be squeezed into corridors or other wards. Through your generosity, NPR 3,545,585 (approx. USD 26,600) was raised from the appeal. Thank you!

The work of expanding the maternity ward at United Mission Hospital Tansen first requires us to create new rooms for the existing admin offices and then refurbish the old offices to make the new maternity section. We had the building plans, but then hit a hurdle. When seeking approval, the municipality first required completion certificates for all the buildings of the hospital! Recent buildings had been approved but had no completion stamp while older buildings had nothing. This necessitated getting as-built drawings for the whole hospital then having them approved, the whole process taking several weeks. Meanwhile a new consultant structural engineer was needed and appointed, then quotations were gathered in September. Progress has been slow due to a month of festival holidays but now work on the admin offices is beginning, after which work on the maternity section can commence.



WANT TO JOIN US?

Here are the priority needs for expatriate volunteers. For more details on these - and many other opportunities! - please visit www.umn.org.np/page/opportunities-expat or contact us at expat.recruitment@umn.org.np

Note: For Nepali staff vacancies see www.umn.org.np/vacancy



Featured Expatriate Vacancies PRIORITY NEEDS

FUNDRAISING MANAGER FOR HOSPITALS
Kathmandu Based

TUTORIAL SCHOOL TEACHER
Okhaldhunga Community Hospital

Note: Expatriate team members do not receive a salary or remuneration of any kind from UMN directly, but are self-supported volunteers or supported by a 'sending mission organisation' or church in their home country. A Masters degree or equivalent and at least five years of relevant work experience is required for all posts. For all doctors, flexibility, the ability to work in a resource-limited setting and an interest in teaching and mentoring junior Nepali doctors are required.

OTHER NEEDS

MEDICAL ROLES IN BOTH HOSPITALS

IT CONSULTANT

**CLIMATE CHANGE, DISASTER RISK
REDUCTION AND RESILIENCE ADVISOR**

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more. ▼



PRAY FOR UMN



- Supporting persons with severe and profound disability requires long term treatment and intensive rehabilitation support. The considerable time frame, human resource and finances involved has been a challenge for UMN. So, please pray for UMN to find supporting partners to fund projects that guarantee provisions for long term treatment and rehabilitation of the persons with severe disability.
- Gender discrimination in Nepal is rampant. Pray that God would grant strength to those facing discrimination and inequality and provide them with resilience and courage to stand firm in their authenticity. May God inspire leaders, policymakers, and influencers in Nepal to create and uphold laws and policies that promote gender equality, ensuring the protection and rights of all individuals. Also pray for UMN's projects working around gender issues and harmful traditional practices that affect the dignity of women.

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weekly prayer priorities.
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BHOGATEY!

One of the joys of autumn and winter in Nepal, and especially at the UMN garden at Thapathali in Kathmandu, is gathering to make *Bhogatey* snack. With winter round the corner, one cannot miss the sight of the giant fruits and the citrus smell of them. *Bhogatey* (pomelo in English) are the giant volleyball-sized yellow citrus fruits you will see hanging on trees - like huge grapefruits but slightly less sour with a tougher skin around the flesh. Nepal has a unique recipe for enjoying them - sweet, sour, salty, and spicy. Would you like to try it at home? We hope some of you can find the ingredients and enjoy this special treat, although we doubt you'll have such a big supply as to allow the party/group activity until you find yourself in Nepal.

P.S. *Ramailo* means fun in Nepali.

Recipe

Along with one or more pomelos or grapefruits, an orange or two, yogurt, salt and sugar, you'll need a collection of spices to get the genuine experience. You can find our recipe on the website here:

www.umn.org.np/bhogatey



OUR VIDEOS

Scan to watch or visit
www.umn.org.np/video-library



Embracing Environment
in Kapilvastu - Pond
Restoration



Embracing Conflict
Sensitivity in Bajhang - Story
of Ranjana & Sita



Embracing Gender in
Nawalparasi West - Punita &
Her Husband

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So God created mankind in His
own image, in the image of God
He created them; male and
female He created them.

Genesis 1:27

Bajhang, Bishal Babu Shrestha



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